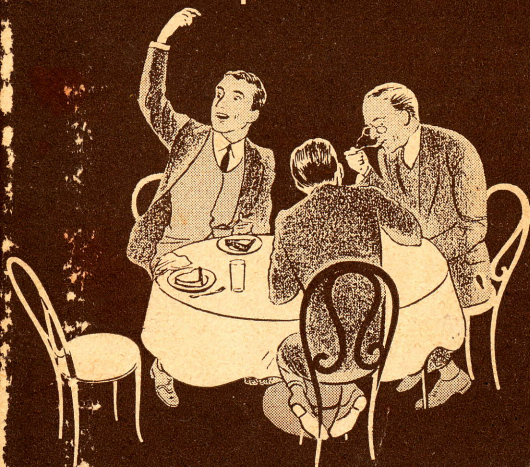


24 pies



men like

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Pie tonight? Let's make it a wonderful pie that will taste good and be digestible. So we'll start out *right* with Crisco, the *digestible*, *vegetable* shortening. It's creamy light—it digests so quickly!

HOW TO MAKE GOOD PIE CRUST

●

Now please decide on which kind of pastry you want—flaky or mealy. Use the same recipe for both kinds. It is the mixing that makes the difference. These things help to make crust short and tender: (1) pastry flour instead of ordinary bread flour; (2) finely blended Crisco and flour (the mixture should look like coarse cornmeal); (3) Crisco and water at room temperature—never chilled; (4) less water in the mix; (5) letting the dough stand for several hours or longer in the refrigerator. These things help to make pie crust crisp and flaky, but less tender: (1) ordinary bread or all-purpose flour; (2) ice water and chilled Crisco; (3) Crisco left in lumps the size of small peas when mixed with

flour; (4) folding dough over two or three times when rolling.

Measure ingredients carefully. Don't guess.

The following recipe makes one average-sized two-crust pie, two small one-crust pies, or 8 to 10 tarts.

1½ cups flour

½ cup Crisco

½ teaspoon salt

4 to 5 tablespoons water

Sift flour with salt. Work in Crisco (coarsely for a flaky crust; finely for a tender, mealy crust). Add water a tablespoonful at a time, using only enough to hold the dry mixture together.

HELPFUL HINTS FOR SUCCESS IN PIE MAKING



To keep shells from shrinking or bulging in the oven, fit the sheet of dough loosely in the pan. Don't stretch it. Work carefully into the corners of the pan. Prick the bottom with a fork to allow air to escape.

To build up edges of shells, cut dough a little larger than the pan. Fold over at edges and "flute" with fingers.

Flaky shells can be baked successfully on an inverted pan. Short mealy crusts are likely to break when being removed. It is safer to bake them on the inside of the pan.

To give a nice shiny appearance to a top crust, brush before baking with milk or milk mixed with a little egg.

Prick or slash top crust to allow steam to escape.

Fasten upper and lower crusts together by brushing in between with water. Press to-

gether with a fork or fold into scallops with finger tips.

To keep filling from soaking into bottom crust:

Brush bottom of custard pies with slightly beaten egg white or melted Crisco.

Sift flour over bottom of fruit pies.

Put pie into hot oven. Reduce heat, if necessary, to cook filling.

To keep juice from running out of berry pies:

Mix flour or tapioca with sugar before combining with berries.

Drain excess juice from berries.

Seal edges of top and bottom crust together.

PASTRY VARIATIONS



CHEESE CRUST

(use this dough for cheese straws, too)

- 1½ cups flour
- ¼ cup Crisco
- ½ teaspoon salt
- ½ cup grated cheese
- 4 to 5 tablespoons water

Blend Crisco with flour and salt as usual. Add grated cheese.

WHOLE WHEAT CRUST

- ¾ cup white flour
- ¾ cup whole wheat flour
- ½ teaspoon salt
- ½ cup Crisco
- 4 to 5 tablespoons water

Mix (do not sift) flours and salt. Work in Crisco. Add water gradually.

SWEET CRUST

- 1½ cups flour
- 2 tablespoons powdered sugar
- ½ teaspoon salt
- ⅓ cup Crisco
- 1 egg yolk
- 4 tablespoons water

Sift flour, sugar, and salt together. Work in Crisco. Blend egg yolk with water. Add gradually to dry mixture.

EXTRA FLAKY PASTRY

- 3 cups flour
- 1 cup Crisco
- 1 teaspoon salt
- water

Cut Crisco into flour (previously sifted with salt) rather coarsely. Divide mixture in two parts. To half, add enough water to make a stiff paste. Roll out on a floured board to about one-fourth inch in thickness. In center spread the other half of the Crisco-flour mixture. Fold over the four edges to meet in the center. Roll out gently to about one-half inch thick. Fold over and roll again. Repeat several times. Chill in the refrigerator before shaping into shells.

DEEP DISH APPLE PIE

5 medium apples
 $\frac{1}{4}$ to $\frac{1}{2}$ cup sugar
1 tablespoon flour

Grate apples, skin and all, with coarse grater or vegetable slicer. Mix with sugar and flour. Line a deep pie plate with digestible Crisco pastry. Pour in filling and cover with top crust. Prick or slash to allow steam to escape. Bake in a hot oven (425°F.) for 10 minutes. Reduce heat to moderate (350°F.) and continue baking for about 30 minutes.

RHUBARB PIE

1 cup sugar
3 tablespoons flour
1 egg
2 cups rhubarb cut into small pieces

Line pie pan with plain digestible Crisco pastry. Sift sugar with flour and add beaten egg. Stir rhubarb into mixture. Pour into shell. Cover with top crust, fastening securely at edges and making a few gashes in the top.

Bake in a moderate oven (400°F.) for about 35 minutes.

RHUBARB MERINGUE PIE

- 4 cups rhubarb cut in pieces
- 1 cup sugar
- 3 tablespoons flour
- 2 tablespoons orange juice
- 1 egg

Cover the rhubarb with boiling water. Drain after 2 or 3 minutes. Blend the sugar with the flour and add rhubarb and orange juice. Mix well. Then add well-beaten egg. Fill pie plate lined with digestible Crisco pastry with mixture and bake in a hot oven (400°F.) until the crust starts to brown on the edges. Let pie cool partially and cover with meringue. Replace in slow oven (325°F.) to brown.

Meringue

- 2 egg whites
- 4 tablespoons sugar

Beat egg whites until frothy. Add sugar, 1 tablespoon at a time, and continue beating until stiff.

LEMON SPONGE PIE

- 3 eggs, separated
- 1 cup sugar
- 3 tablespoons flour
- 1 cup milk
- 1 lemon—grated rind and juice
- $\frac{1}{4}$ teaspoon salt

Beat egg yolks with sugar until light and fluffy. Add flour mixed to a paste with a little of the milk. Stir in rest of milk, lemon, and salt. Fold in beaten whites last. Put in unbaked digestible Crisco pie crust and bake for a few minutes in a hot oven (425°F.). Then reduce heat and finish cooking in a moderate oven (350°F.) about 35 minutes.

LEMON MERINGUE PIE

- 1 cup sugar
- 2 tablespoons cornstarch
- 2 tablespoons flour
- $\frac{1}{4}$ teaspoon salt
- $1\frac{1}{2}$ cups boiling water
- 3 egg yolks
- 4 tablespoons lemon juice
- grated rind of 1 lemon

Sift cornstarch, flour, sugar, and salt together. Add boiling water and cook, stirring constantly. When the mixture is clear, add the beaten egg yolks. Continue cooking slowly until thick. Remove from fire and add the lemon juice and grated rind, mix well and set aside to cool. Transfer to baked digestible Crisco pie shell. Cover with meringue made by beating 3 egg whites with 6 tablespoons sugar. Replace in slow (325°F.) oven to brown meringue.

CHOCOLATE SUNDAE PIE

- 1 cup evaporated milk
- $\frac{1}{2}$ cup water
- $\frac{1}{4}$ teaspoon nutmeg
- 3 egg yolks
- $\frac{1}{2}$ cup granulated sugar
- $\frac{1}{8}$ teaspoon salt
- 1 tablespoon gelatine
- 3 tablespoons cold water
- $\frac{1}{2}$ teaspoon vanilla
- 3 egg whites, beaten stiff
- 1 cup sweetened whipped cream
- 2 to 4 tablespoons grated unsweetened chocolate

Heat milk and $\frac{1}{2}$ cup water in double boiler with nutmeg. Beat egg yolks with sugar and salt until light. Pour the hot milk over the eggs, return to double boiler and cook until the consistency of thick cream. Remove from fire, add the gelatine which has been soaking 5 minutes in the 3 tablespoons of cold water. Add vanilla. Cool. When cool and ready to set, beat with Dover egg beater and fold in stiffly beaten egg whites. Pour into a baked digestible Crisco pie shell and set in refrigerator. When thoroughly cold, cover with sweetened whipped cream and sprinkle top with the grated chocolate.

PINEAPPLE PIE

- $\frac{3}{4}$ cup sugar
- $\frac{1}{8}$ teaspoon salt
- 1 tablespoon flour
- $1\frac{1}{4}$ cups grated pineapple
- 1 tablespoon melted Crisco
- 2 eggs, separated
- 4 tablespoons sugar

Mix sugar, salt, and flour together, add to pineapple. Add melted Crisco. Separate eggs, beat yolks until light and creamy, and com-

bine with first mixture. Transfer to a medium-sized pie plate lined with Crisco flaky pastry. Bake in a hot oven (425°F.) for 10 minutes. Then reduce the heat to moderate (350°F.) and continue cooking until firm in the center—about 35 minutes. Beat the egg whites stiff and add the sugar. Spread this meringue on the pie when done. Return to a slow oven (325°F.) for about 10 minutes to brown the meringue.

BANANA CREAM PIE

- $\frac{3}{4}$ cup sugar
- 2 tablespoons flour
- 2 tablespoons cornstarch
- $\frac{1}{4}$ teaspoon salt
- 2 cups milk
- 2 egg yolks
- 1 teaspoon vanilla
- sliced bananas to cover bottom of
baked crust

Combine sugar, flour, cornstarch, and salt, blending well. Add scalded milk. Cook over low flame or double boiler until very thick. Just before removing from stove stir in egg yolks well beaten. Add vanilla. Slice bananas

over bottom of baked digestible Crisco pie crust. Pour cream filling over them. Cover top lightly with meringue.

Meringue

- 2 egg whites
- 4 tablespoons sugar

Beat egg whites until frothy. Add sugar, one tablespoon at a time, beating thoroughly. Bake in slow oven (325°F.) until meringue is browned.

VELVET CUSTARD PIE

- 2 eggs
- 4 tablespoons sugar
- $\frac{1}{8}$ teaspoon salt
- $\frac{1}{8}$ teaspoon nutmeg
- $\frac{3}{4}$ cup evaporated milk
- $\frac{3}{4}$ cup water

Beat eggs with sugar, salt, and nutmeg. Stir in milk combined with water. Pour into an unbaked digestible Crisco pie crust. Bake in a hot oven (425°F.) for 10 minutes. Reduce temperature to a slow oven (300°F.) and bake until the custard is set.

PUMPKIN NUT PIE

- $\frac{3}{4}$ cup sugar
- 1 teaspoon cinnamon
- 1 teaspoon ginger
- $\frac{1}{2}$ teaspoon salt
- $1\frac{1}{2}$ cups pumpkin (canned)
- 2 eggs, beaten light
- $1\frac{1}{2}$ cups hot milk
- $\frac{1}{2}$ cup chopped walnuts
- 1 cup sweetened whipped cream

Blend sugar, spices, and salt together. Combine with pumpkin. Add eggs and mix well. Add milk last. Pour into pan lined with digestible Crisco pastry and bake in hot oven (425°F.) until pie crust begins to brown at edges—about 10 minutes. Reduce heat to moderate (350°F.) and bake until filling has set (about 30 minutes). Cover with sweetened whipped cream and sprinkle with nutmeats.

CHOCOLATE MERINGUE PIE

- 2 squares unsweetened chocolate
- $\frac{3}{4}$ cup sugar
- $\frac{1}{4}$ cup cornstarch
- 3 egg yolks
- 1 tablespoon Crisco
- 2 cups milk
- 1 teaspoon vanilla

Melt chocolate in double boiler. Add sugar, cornstarch, egg yolks, Crisco, and milk. Cook until thick, stirring constantly. Add flavoring. Pour into baked digestible Crisco pie shell. Cover with meringue.

Meringue

- 3 egg whites
- 6 tablespoons sugar

Beat egg whites until frothy. Add sugar, one tablespoon at a time, beating thoroughly. Bake in slow oven (325°F.) until meringue is browned.

SOUTHERN MACAROON PIE

- $\frac{1}{2}$ cup sugar
- 1 tablespoon cornstarch
- $\frac{1}{8}$ teaspoon salt
- 3 eggs, separated
- 2 cups milk
- $\frac{1}{2}$ dozen macaroons

Blend sugar, cornstarch, and salt together. Stir in well beaten yolks and milk. Cook over hot water until mixture is thick as cream. When it is cool, add finely rolled macaroons. Then put in baked digestible Crisco pie shell and bake in a moderate oven (350°F.) until

firm. Cover with meringue (3 egg whites beaten stiff with 6 tablespoons sugar). Scatter $\frac{1}{4}$ cup blanched and shredded almonds over top of pie. Replace in slow oven (325°F.) and bake until meringue is browned.

TAPIOCA DATE PIE

- 4 tablespoons instant tapioca
- 2 cups milk
- $\frac{1}{2}$ cup sugar
- $\frac{1}{8}$ teaspoon salt
- 2 eggs, separated
- $\frac{1}{2}$ pound dates
- 1 teaspoon vanilla

Combine tapioca and milk and cook in double boiler for 10 minutes. Add sugar, salt, and yolks of eggs beaten together. Then add chopped dates. Cook until thick. Remove from fire and add vanilla. Put in baked digestible Crisco pie shell and cover with meringue. Return to a slow oven (325°F.) to brown.

Meringue

- 2 egg whites
- 4 tablespoons sugar

Beat egg whites until frothy. Add sugar, one

tablespoon at a time, and continue beating until stiff.

ORANGE BLOSSOM PIE

Orange Pastry

- 1 $\frac{1}{2}$ cups flour
- 1 tablespoon sugar
- $\frac{1}{2}$ teaspoon salt
- grated rind $\frac{1}{2}$ orange
- $\frac{1}{2}$ cup Crisco
- 5 tablespoons orange juice

Filling

- 2 cups milk
- $\frac{1}{2}$ cup instant tapioca
- $\frac{1}{2}$ cup sugar
- $\frac{1}{8}$ teaspoon salt
- grated rind $\frac{1}{2}$ orange
- 2 eggs, separated
- $\frac{1}{2}$ cup shredded cocoanut

Pastry: Sift all dry ingredients. Add orange rind. Cut in Crisco coarsely. (It's one minute's work with fluffy, *digestible* Crisco.) Add orange juice (5 tablespoons should bind ingredients together). Roll out on lightly floured board. Line pie plate very closely with pastry. Prick bottom and sides. Bake in quick oven (400°F.) 15 minutes. Then fill with

Orange Custard: Heat milk in double boiler. Mix tapioca, sugar, and salt. Stir into milk. Cook until mixture begins to thicken. Add orange rind. Cook 15 minutes and stir to prevent lumping. Add beaten egg yolks and cook 1 minute longer. Cool. Then fold in stiffly beaten egg whites. Pour into Crisco pastry shell. Sprinkle top with cocoanut. Brown lightly in oven or under broiler flame. Chill thoroughly.

TWO CRUST STRAWBERRY PIE

- 3 tablespoons flour
- 1 cup sugar
- 1 quart strawberries, cleaned and hulled
- 1 teaspoon lemon juice

Blend flour and sugar together. Mix with berries. Add lemon juice. Fill Crisco pastry shell and cover with crosswise strips of pastry about $\frac{1}{2}$ inch wide, cut from the rest of the dough. Fasten each strip to the edge by moistening with a little water. Bake in a hot oven (400°F.) until the crust is nicely browned and the berries well cooked.

RAISIN PIE

- 2 tablespoons cornstarch
- $\frac{1}{2}$ cup sugar
- $\frac{1}{4}$ teaspoon salt
- $\frac{3}{4}$ cup water
- 1 tablespoon Crisco
- 1 tablespoon lemon juice
- grated rind 1 lemon
- 1 cup raisins (seedless)

Mix cornstarch, sugar, and salt, stir in water. Cook until thick. Add Crisco, lemon juice and rind, and raisins. Cool before pouring into pie tin lined with digestible Crisco crust. Cover with top crust. Fasten the edges by moistening between them with cold water. Press together tightly. Prick or slit the upper crust to allow the escape of steam. Bake in a hot oven (400°F.) until golden brown.

FRUIT WHIP PIE

- 2 tablespoons granulated gelatine
- $\frac{1}{4}$ cup cold water
- $\frac{3}{4}$ cup hot water
- 1 cup sugar
- 1 cup orange juice

- 1/4 cup lemon juice
- 1/2 cup shredded canned pineapple
- 2 bananas
- 2 egg whites
- 1 cup whipping cream

Line a pie plate with Crisco pastry. Prick entire surface with a fork. Bake in a hot oven (425°F.) for 10 minutes. Soften gelatine in cold water, add hot water to dissolve it, and combine with sugar and fruit juices. Set aside to cool. When it starts to congeal, beat well with egg beater. Add pineapple and bananas cut in thin slices, and fold in the stiffly beaten egg whites and whipped cream. Chill until mixture holds its shape. Fill baked digestible Crisco pie shell and set aside until stiff.

GRAPEFRUIT PIE

- 1 1/2 cups grapefruit juice (fresh or canned)
- 2 teaspoons grated orange peel
- 3/4 cup sugar
- 1/2 teaspoon salt
- 3 tablespoons cornstarch
- 2 eggs, separated
- 1 tablespoon Crisco
- 6 tablespoons sugar (additional)

Heat grapefruit juice and orange peel in double boiler. Mix sugar, salt, and cornstarch and add little by little, stirring all the time to prevent lumping. Cook until thick. Stir in beaten egg yolks just before removing from fire. Add Crisco. Cool quickly by filling lower part of double boiler with cold water. When lukewarm, pour into baked digestible Crisco pie shell and cover with meringue made by beating 2 egg whites until stiff and folding in 4 tablespoons sugar. Bake in slow oven (325°F.) until delicately brown.

RASPBERRY TRIPLE TART

- 2/3 cup Crisco
- 2 cups flour
- 3/4 teaspoon salt
- 6 to 8 tablespoons ice water

Sift flour and salt. Cut in Crisco. Add just enough water to hold ingredients together. Divide dough into thirds. Roll out into rounds, 1/4 inch thick. Trim rounds to equal size. Cut center out of one round to make a ring. Prick rounds well. Bake them on baking sheet in hot oven (425°F.) 10 minutes. Cool. Put rounds together like layer cake with cream filling (see page 24) between. The pastry ring

goes on top. Fill the center with fresh raspberries. Especially delicious when decorated with $\frac{1}{2}$ cup sweetened whipped cream.

Cream Filling: Heat 1 cup milk over hot water. Mix $\frac{1}{2}$ cup sugar with $\frac{1}{3}$ cup flour and $\frac{1}{8}$ teaspoon salt. Add slowly. Cook 10 minutes, stirring constantly. Add 3 beaten eggs. Cook 3 minutes. Remove from fire, add 2 tablespoons Crisco and $\frac{3}{4}$ teaspoon vanilla. Cool.

LEMON CHEESE TART

- 1 cup cottage cheese
- $\frac{1}{4}$ teaspoon salt
- 2 tablespoons cream
- $\frac{1}{4}$ teaspoon nutmeg
- 1 teaspoon grated lemon peel
- $\frac{1}{2}$ cup sugar
- 2 eggs
- $\frac{1}{4}$ cup currants

Press cheese through fine sieve, add salt, cream, and seasonings. Beat sugar with eggs. Combine the two mixtures. Add currants washed and dredged with flour. Pour into unbaked shells, filling each about $\frac{2}{3}$ full. Put into hot oven (450°F.) for about 5 minutes.

Reduce heat to 325°F. and bake 10 minutes more.

PECAN TARTS

- 1 cup brown sugar
- $\frac{1}{2}$ cup water
- 2 tablespoons flour
- $\frac{1}{8}$ teaspoon salt
- 2 eggs, lightly beaten
- 1 cup milk
- $\frac{1}{2}$ cup whole pecan meats
- 1 teaspoon vanilla
- $\frac{1}{2}$ cup cream, whipped with
- 1 tablespoon powdered sugar

Prepare medium thick syrup by boiling sugar and water together. Set aside to cool. Add flour and salt to lightly beaten eggs. Add the milk and mix well. Cook this mixture in double boiler until thick and smooth, stirring constantly. To this add half of the brown sugar mixture and the vanilla. Remove from fire and cool. Put 1 large tablespoon of mixture in each baked digestible Crisco tart shell and place four pecan meats on top. Use remaining syrup to cover the pecans. Put a teaspoon of sweetened whipped cream in the

center of each tart. Chill thoroughly for at least 4 hours and serve. This makes 10 tarts.

FRESH BERRY TARTLETS

- 1 cup granulated sugar
- $\frac{1}{2}$ cup cold water
- 1 quart cleaned berries (strawberries, raspberries, cherries, blueberries, or huckleberries)
- 2 tablespoons cornstarch mixed with 2 tablespoons cold water
- 2 3-ounce packages cream cheese, or $\frac{1}{4}$ pound cream cheese
- 3 tablespoons thin cream or sour cream

Bring sugar and water to boiling point. Pour syrup over berries. Let cool. Then thoroughly drain off juice. Reserve juice. To 1 cup of juice add cornstarch mixed with water. Cook 10 minutes, stirring frequently, until a clear and thick glaze is attained. Cool. While cornstarch glaze is cooling, mix cream cheese and cream. Spread a layer of this on bottom of digestible Crisco tart shells. Arrange a layer of berries over the cheese. Pour about 1 tablespoon of cornstarch mixture over each tart to glaze the berries.

SURPRISE PIES

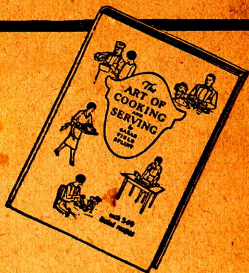
Roll sweet pastry to a thin sheet. Cut circles large enough to fit individual pie pans or muffin tins. Line pans with digestible Crisco pastry. Prick with a fork to prevent bubbling during baking. Bake in a hot oven (425°F.). Just before serving fill shells with ice cream (any kind, but it should be very hard). Cover with meringue. Return to a very hot oven for a minute, just long enough to brown the meringue.

The ice cream will not melt if it is entirely covered with meringue and the oven is hot enough to brown the meringue quickly. If preferred, however, whipped cream may be used for topping, sprinkled with finely chopped nuts.

Winifred S. Parker

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